

Fall & Winter 2012

Junior Training Schedule

Runs August 13th – December 15th



- **Performance** – Intermediate Level Ages 8 & Up
 - **Mondays & Wednesdays 4:00 - 5:30 pm**
 - The focus of this clinic is on stroke production and match play situations. Players will be encouraged to participate throughout the year in different events. Goals include the ability to rally while sustaining stroke mechanics. Most are / have taken private lessons.
 - \$15/clinic
- **High Performance** – Advanced Level Ages 18 & Under
 - **Tuesdays & Thursdays 5:00 - 7:00 pm**
 - High Performance is an immersion of tactical and competitive work and play based drills. Advanced players, top high school players and top tournament players will find themselves challenged physically and mentally. Advanced level play requires commitment to excellence and the willingness to achieve goals during clinics and on their own time.
 - \$18/clinic

NEW and designed for the Palmetto Tennis Center's
Performance Training Center Program

*When you enroll your child you will receive the
Tuomey Sports Medicine Component providing
monthly Health and Fitness Instruction for parents*

